

2014 PENN STATE MEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST

MEN'S 100-METERS

PSU: 10.1 - Mike Sands, 1975
Decathlon: 11.01 - Rick Kleban, 1985
10.99 - Rob Cardina, 2014

10.73 +0.2	Alex Kenney	Apr-5
10.87 +2.4	Rob Cardina	June-11
10.90 +1.7	Rob Cardina	May-9

MEN'S 200-METERS

PSU: 20.23 - Michael Timpson, 1986

21.77 +1.2	Alex Kenney	Apr-12
21.80 +0.9	Bernard Bennett-Green	May-2
22.05 +1.0	Rob Cardina	May-2

MEN'S 400-METERS

PSU: 45.20 - Mike Sands, 1975
Decathlon: 47.65 - Brian Kelley, 1991

46.12	Byron Robinson	Apr-12
46.95	Alex Shisler	May-29
47.32	Brandon Bennett-Green	May-2
47.64	Bernard Bennett-Green	May-17
47.84	Aaron Nadolsky	Apr-19
48.97	Rob Cardina	Apr-19
49.72	Riley Gaibler	Apr-19

MEN'S 800 METERS

PSU: 1:45.28 - Casimir Loxsom, 2011

1:48.33	Za'Von Watkins	May-30
1:48.53	Brannon Kidder	Apr-5
1:50.07	Ryan Brennan	Apr-5
1:52.99	Wade Endress	May-2
1:53.01	Brad Rivera	May-2
1:54.79	Tom Damiani	Apr-5

MEN'S 1500-METERS

PSU: 3:38.82 - Brannon Kidder, 2014
Decathlon: 4:21.05 - Tom Kleban, 1989

3:38.82	Brannon Kidder	May-4
3:45.33	Wade Endress	Apr-12
3:45.79	Za'Von Watkins	Apr-12
3:46.95	Matt Fischer	Apr-12
3:51.79	Nick Scarpello	Apr-12
3:55.20	Tom Damiani	May-2
3:59.19	Robert Hill UNA	Apr-12
4:00.46	Brad Rivera	Apr-12
4:02.66	Ean DiSilvio UNA	May-9
4:04.33	Conner Quinn UNA	May-9
4:08.46	Chris Campbell	May-9
4:10.74	Jordan Crawford UNA	Apr-12
4:11.13	Jon Colwell	May-9
4:14.01	Austin Pondel UNA	May-9
4:53.63	Rob Cardina (M)	June-12

MEN'S MILE RUN

PSU: 3:58.4 - Larry Mangan, 1980

MEN'S 3,000-METERS

PSU: 7:54.0 - George Malley, 1977

8:43.83	Chris Campbell	Apr-19
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MEN'S 5,000-METERS

PSU: 13:34.0 - Greg Fredericks, 1972

14:09.97	Matt Fischer	Apr-19
14:19.85	Wade Endress	May-18
14:19.90	Nick Scarpello	Apr-4
14:25.22	Glenn Burkhardt	May-18
14:25.30	Conner Quinn UNA	Apr-12
14:34.88	Ean DiSilvio UNA	Apr-12
15:01.61	Austin Pondel UNA	Apr-12
15:11.32	Chris Campbell	Apr-12
15:33.91	Jon Colwell UNA	Apr-12
16:06.77	John Miller UNA	Apr-12

MEN'S 10,000-METERS

PSU: 28:08.0 - Greg Fredericks, 1972

MEN'S 110-METER HURDLES

PSU: 13.56 - Guy Rose, 2001
Decathlon: 14.45 - Rick Kleban, 1987

14.10 +0.6	Sancho Barrett	May-29
14.67 +0.5	Rob Cardina	May-2

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, 1976

50.75	Byron Robinson	Apr-5
56.99	Sancho Barrett	Apr-19

MEN'S 3000-METER STEEPLECHASE

PSU: 8:22.5 - George Malley, 1977

9:13.33	Nick Scarpello	Apr-24
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MEN'S 4x100-METER RELAY

PSU: 39.63 - Davis, Hackman, Shine, Sands, 1975

41.29	Nadolsky, Robinson, Barrett, Kenney	Apr-5
41.54	Kenney, Robinson, Barrett, Leap	Apr-12

MEN'S 4x200-METER RELAY

PSU: 1:23.85 - Langan, Lologne, Campisi, Terrell, 2005

MEN'S 4x400-METER RELAY

PSU: 3:01.52 - Nadolsky, Br. Bennett-Green, Loxsom, Gehret, 2012

3:07.94	Be. Bennett-Green, Br. Bennett-Green, Shisler, Robinson	Apr-26
3:07.95	Be. Bennett-Green, Nadolsky, Cardina, Shisler	May-31
3:08.57	Be. Bennett-Green, Br. Bennett-Green, Shisler, Nadolsky	Apr-25
3:10.30	Be. Bennett-Green, Nadolsky Shisler, Watkins	May-18
3:11.48	Be. Bennett-Green, Robinson Barrett, Watkins	Apr-5

MEN'S 4x800-METER RELAY

PSU: 7:11.17 - Watson, Shisler, Mills, Moore, 1985

7:18.99	Endress, Brennan Watkins, Kidder	Apr-26
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MEN'S SPRINT MEDLEY RELAY

PSU: 3:17.10 - Nadolsky, Gehret, Loxsom, Foster, 2011

3:18.39	Kenney, Br. Bennett-Green Robinson, Kidder	Apr-25
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MEN'S DISTANCE MEDLEY RELAY

PSU: 9:24.68 - Kidder, Bennett-Green, Loxsom, Creese

MEN'S 4xMILE RELAY

PSU: 16:18.5 - Rapp, Snyder, Wyatt, Mangan, 1979

MEN'S HIGH JUMP

PSU: 7-3.25 (2.22) - David Coney, 1985
7-3.25 (2.22) - Jon Hendershot, 2013
Decathlon: 7-0.25 (2.14) - Rob Cardina, 2014

7-1.75 (2.18)	Jon Hendershot	May-9
7-0.25 (2.14)	Rob Cardina (M)	Mar-26
6-5.5 (1.97)	Michael McClelland	May-2

MEN'S POLEVAULT

PSU: 17-5.50 (5.32) - John Vellenoweth, 2009
Decathlon: 16-2.50 (4.94), Rick Kleban, 1985

16-8.75 (5.10)	Dylan Bilka	May-17
14-9.5 (4.51)	Brandon Teribery	May-2
13-9.75 (4.21)	Rob Cardina	May-2

MEN'S LONG JUMP

PSU: 25-11 (7.90) - David Coney, 1985
Decathlon: 23-7.25 (7.19) - Dave Masgay, 1987

24-0.25 (7.32) +0.7	Steve Waithe	May-17
23-2.75 (7.08) +3.4w	Rob Cardina (M)	June-11
23-0.75 (7.03) +1.5	Brian Leap	May-17
22-6.5 (6.87) +1.5	Rob Cardina	May-16
21-6.25 (6.56) - 1.0	Jonathon Jacoway	Apr-5

MEN'S TRIPLE JUMP

PSU: 54-6 (16.61) - Antonio Davis, 1993

53-2.75 (16.22) +4.3w	Steve Waithe	Apr-26
52-11.50 (16.14) +1.2	Steve Waithe	June-11
51-6.5 (15.71) +1.4	Brian Leap	June-14
47-7.5 (14.52) - 0.1	Jon Jacoway	Apr-12

MEN'S SHOT PUT

PSU: 69-2 (21.08) - Joe Kovacs, 2012
Dec: 48-9.50 (14.87) - Barry Walsh, 1989

67-5 (20.57)	Darrell Hill	May-18
51-4.5 (15.66)	Will Pope UNA	May-9
49-8.25 (15.14)	Jon Yohman UNA	May-9
43-1.5 (13.14)	Rob Cardina	June-11

MEN'S DISCUS

PSU: 207-5 (63.22) - Brian Milne, 1992
Decathlon: 155-3 (47.32) - James Cook, 1997

182-10 (55.74)	Will Barr	Apr-25
144-7 (44.07)	Jon Yohman UNA	May-9
141-1 (43.00)	Darrell Hill	Apr-12
137-7 (41.94)	Will Pope UNA	Apr-12
136-1 (41.48)	Rob Cardina (M)	May-9

MEN'S HAMMER

PSU: 218-6 (66.60) - Al Jackson, 1976

205-5 (62.62)	Will Barr	May-9
170-8 (52.02)	Kory Decesaris UNA	May-9
166-3 (50.67)	Dan Jordan	May-9

MEN'S JAVELIN

PSU: 249-5 (76.02) - Michael Shuey, 2014
Dec: 206-2 (62.83) - Shawn Colligan, 2008

249-5 (76.02)	Michael Shuey	Aug-9
228-11 (69.77)	Ryan Kerr UNA	Apr-13
224-4 (68.38)	Cole Proffitt	Apr-26
205-6 (62.64)	Russell Hedrick	May-18
200-4 (61.06)	Rob Cardina	Apr-12

MEN'S DECATHLON

PSU: 7685 - Rick Kleban, 1985
Day One: 4087 - Rob Cardina, 2014
Day Two: 3774 - James Cook, 1997

7666	Rob Cardina	June-11/12
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Key -

BOLD - School Record;
ITALICS - Non-Standard NCAA Event
M - Mark from Multi-Event Competition;
w - Wind Aided (+2.0)
UNA - Unattached;
i - Contested Indoors (Weather)

2014 PENN STATE WOMEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST

WOMEN'S 100-METERS

PSU: 11.21 - Connie Moore, 2003

11.29 +0.6	Mahagony Jones	June-11
12.27 +1.5	Danielle Gibson	May-2
12.27 +0.4	Megan Osborne	May-17
12.30 +1.6	Christina Cianciarulo	Apr-13

WOMEN'S 200-METERS

PSU: 22.45 - Connie Moore, 2004

22.68 +2.2	Mahagony Jones	June-14
22.90 +0.1	Mahagony Jones	June-29
23.66 -0.6	Kiah Seymour	Apr-19
24.16 +0.4	Dynasty McGee	May-18
24.59 +0.2	Brittney Howell (M)	May-16
24.60 +1.2	Megan Osborne	Apr-12
25.20 -0.6	Christina Cianciarulo	Apr-19
25.82 -0.4	Tichina Rhodes	Apr-5
27.03 -0.5	Tal Ben-Artzi UNA	Apr-12

WOMEN'S 400-METERS

PSU: 50.84 - Shana Cox, 2008

53.14	Dynasty McGee	May-30
55.37	Tichina Rhodes	May-2
56.76	Megan Osborne	Apr-19

WOMEN'S 800-METERS

PSU: 2:03.09 - Bekka Simko, 2012

2:08.03	Marta Klebe	Apr-5
2:21.03	Brittney Howell (M)	Mar-27

WOMEN'S 1500-METERS

PSU: 4:15.20 - Marta Klebe, 2014

4:15.20	Marta Klebe	May-18
4:29.97	Tori Gerlach	May-2
4:35.91	Abbie Benson	May-2
4:36.56	Dani Kocjancic	Apr-5
4:37.14	Julie Kocjancic	Apr-19
4:39.19	Steph Aldrich	Apr-5
4:43.39	Cara Ulizio UNA	Apr-12
4:44.55	Lauren Mills	May-2
4:45.02	Kerrin Jennings	Apr-12
4:47.45	Gabrielle Cocco	Apr-19
4:48.05	Gwenn Porter	Apr-12
4:52.36	Rachel Casciano	Apr-5

WOMEN'S MILE RUN

PSU: 4:40.65 - Bridget Franek, 2010

4:43.02	Marta Klebe	Apr-26
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WOMEN'S 3,000-METERS

PSU: 9:08.04 - Kathy Mills, 1978

WOMEN'S 5,000-METERS

PSU: 15:32.53 - Kathy Mills, 1978

16:08.74	Leigha Anderson	Apr-4
16:48.12	Tori Gerlach	Apr-4
16:56.58	Dani Kocjancic	Apr-12
17:22.94	Katie Rodden	Apr-24
17:31.69	Lauren Mills	Apr-24
17:57.11	Rachel Casciano	Apr-12

WOMEN'S 10,000-METERS

PSU: 32:57.33 - Kara Millhouse, 2012

33:52.32	Leigha Anderson	Apr-24
34:46.89	Emily Giannotti	Apr-24
35:04.12	Katie Rodden	May-16
36:27.50	Dani Kocjancic	May-16

WOMEN'S 100-METER HURDLES

PSU: 12.85 - Aleesha Barber, 2010

13.03 +1.9	Evonne Britton	June-27
13.45 -0.2	Brittney Howell	Apr-12
13.87 -1.7	Shelley Black	Apr-12
15.12 +0.7	Tal Ben-Artzi UNA	May-9

WOMEN'S 400-METER HURDLES

PSU: 55.57 - Fawn Dorr (2010)

55.88	Kiah Seymour	May-2
57.41	Evonne Britton	May-30
1:00.43	Shelley Black	May-2

WOMEN'S 3000-METER STEEPLECHASE

PSU: 9:32.35 - Bridget Franek, 2010

10:03.55	Tori Gerlach	May-30
10:20.76	Abbie Benson	Apr-4
10:51.15	Steph Aldrich	Apr-24

4x100-METER RELAY

PSU: 44.25 - Fox, Aduba, Shoaff, Moore, 2003

44.64	Gibson, Jones McGee, Seymour	May-18
45.34	Britton, Jones, McGee, Seymour	Apr-19
45.35	Britton, Jones, Osborne, Seymour	Apr-5

4x200-METER RELAY

PSU: 1:33.09 - Jones, McGee, Howell, Seymour, 2014

1:33.09	Jones, McGee, Howell Seymour	Apr-26
1:34.76	McGee, Jones, Osborne, Seymour	Apr-25

4x400-METER RELAY

PSU: 3:27.69 - Blake, Barber, Hunter, Cox, 2008

3:31.17	McGee, Jones, Rhodes, Seymour	June-14
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4x800-METER RELAY

PSU: 8:39.44 - Lane, Simko, Fisher, Ryan, 2011

SPRINT MEDLEY RELAY

PSU: 3:47.90 - Blake, Barber, Cox, Simmons, 2007

3:49.19	Jones, McGee Seymour, Klebe	Apr-25
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DISTANCE MEDLEY RELAY

PSU: 11:08.41 - Simko, Iheoma, Klebe, Millhouse, 2012

4x1500-METER RELAY

PSU: 17:57.28 - Noecker, Franek, Rosenfeld, Percival, 2007

WOMEN'S HIGH JUMP

PSU: 6-0 (1.83) - Shelley Mitchell, 1992

5-10 (1.78)	Brittney Howell (M)	June-12
5-10 (1.78) (i)	India McCoy	May-9
5-8.75 (1.75)	Sarah Palmer	Apr-19
5-7.75 (1.72)	Erika Morgan	Apr-12
5-5 (1.65)	Tal Ben-Artzi UNA	Apr-12
5-4.25 (1.63)	Kelsey Coutts	May-2

WOMEN'S POLE VAULT

PSU: 13-3.50 (4.05) - Lexi Masterson, 2014

13-3.5 (4.05)	Lexi Masterson	May-30
12-9.5 (3.90)	Erin Knabe	Apr-19

WOMEN'S LONG JUMP

PSU: 21-6 (6.55) - Chi-Chi Aduba, 2004

20-10.75 (6.37) +0.5	Brittney Howell	May-29
20-1 (6.12) -0.6	Dannielle Gibson	June-26
18-10.5 (5.82) -2.8	Kaitlyn Lopez	May-9
18-10.5 (5.75) +1.2	Marlene Ricketts	Apr-19
18-3.75 (5.58) -1.6	Tal Ben-Artzi	May-9

WOMEN'S TRIPLE JUMP

PSU: 44-6.75 (13.58) - Chi-Chi Aduba, 2004

42-2.75 (12.87) +0.1	Marlene Ricketts	May-9
42-2 (12.85) +0.2	Dannielle Gibson	June-27
39-5.25 (12.02) +0.5	Kaitlyn Lopez	May-2

WOMEN'S SHOT PUT

PSU: 55-4.75 (16.88) - Ja'Nai O'Connor, 2004

52-10 (16.10)	Rachel Fatherly	May-31
51-6.5 (15.71)	Melissa Kurzdorfer	May-18
49-11.25 (15.22)	Alyssa Robinson	May-9
37-6.75 (11.45)	Brittney Howell (M)	May-16
34-2 (10.41)	Tal Ben-Artzi	May-9

WOMEN'S DISCUS

PSU: 185-1 (56.42) - Deshaya Williams, 2003

164-11 (50.26)	Melissa Kurzdorfer	Apr-12
161-5 (49.21)	Rachel Fatherly	Apr-5

WOMEN'S HAMMER

PSU: 219-1 (66.78) - Jen Leatherman, 2006

205-6 (62.65)	Melissa Kurzdorfer	June-11
181-1 (55.20)	Rachel Fatherly	May-9
151-7 (46.21)	Alyssa Robinson	May-2

WOMEN'S JAVELIN

PSU: 178-6 (54.41) - Laura Loht, 2014

178-6 (54.41)	Laura Loht	June-11
166-11 (50.89)	Lauren Kenney	May-17
146-7 (44.67)	Megan Boyer	May-2
145-8 (44.39)	Mel Leszczynski	Apr-5
141-0 (42.99)	Olivia Mangan	May-9
108-2 (32.98)	Brittney Howell (M)	May-17

WOMEN'S HEPTATHLON

PSU: 5797 - Gayle Hunter, 2009

5625	Brittney Howell (M)	Mar-26/27
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Key -

BOLD - School Record

ITALICS - Non-Standard NCAA Event

M - Mark from Multi-Event Competition

w - Wind Aided (+2.0)

UNA - Unattached;

i - Contested Indoors (Weather)

as of Oct. 13, 2014

PENN STATE MEN'S TRACK AND FIELD

ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST

100-Meter Dash

1	10.34 (10.1 MT)	Mike Sands	1975
2	10.44	Mike Shine	1976
3	10.46	Ryan Olkowski	2002
4	10.47	Michael Timpson	1987
5	10.49	Bob Brown	1961
6	10.50	Alex Langan	2006
7	10.54	Barry Ewell	1941
	10.54	Brian Littlejohn	1984
9	10.55	Steve Hackman	1976
10	10.56	Paul Lankford	1980
	10.56	Greg Miller	2000

200-Meter Dash

1	20.23	Michael Timpson	1986
2	20.58	Mike Sands	1975
3	20.59	Ryan Olkowski	2002
4	20.62	Brady Gehret	2012
5	21.01	Ernie Terrell	2002
6	21.02	Barry Ewell	1942
	21.02	Art Pollard	1955
8	21.13	Brandon Bennett-Green	2012
9	21.14	Brian Littlejohn	1984
10	21.15	Greg Miller	2000

400-Meter Dash

1	45.20	Mike Sands	1975
2	45.22	Brady Gehret	2012
3	45.94	Brandon Bennett-Green	2012
4	46.12	Byron Robinson	2014
5	46.14	Paul Lankford	1980
6	46.62	Ernie Terrell	2002
7	46.74	Mike Cadau	2009
8	46.91	Ben Karcz	2002
9	46.95	Alex Shisler	2014
10	46.98	Mike Shine	1976

800-Meter Run

1	1:45.28	Casimir Loxsom	2011
2	1:45.96	Randy Moore	1985
3	1:46.62	Ray Levitre	1987
4	1:46.78	Ryan Foster	2009
5	1:46.81	Chris Mills	1987
6	1:46.82	Ken Wynn	1983
7	1:46.85	Samuel Borchers	2011
8	1:46.87	Brannon Kidder	2013
9	1:47.63	Mike Cook	1982
10	1:47.83	Mark Miller	2008

1500-Meter Run

1	3:38.82	Brannon Kidder	2014
2	3:38.99	Steve Balkey	1987
3	3:39.25	Larry Mangan	1980
4	3:39.57	Ryan Foster	2011
5	3:41.03	Robby Creeese	2013
6	3:42.08	Doug Walter	1990
7	3:42.12	David McMillan	1988
8	3:42.2	George Malley	1977
	3:42.2	Mike Wyatt	1977
10	3:42.54	Owen Dawson	2012

5000 Meters

1	13:34.0	Greg Fredericks	1972
2	13:36.3	Robert Snyder	1978
3	13:42.1	Alan Scharu	1980
4	13:50.54	Steve Brown	1989
5	13:52.4	Paul Stemmer	1977
6	13:53.2	George Malley	1976
7	13:55.0	Jeff Adkins	1982
8	13:56.1	Charlie Maguire	1974
9	13:57.1	Gary Gittings	1973
10	13:57.33	Sam Masters	2013

10,000 Meters

1	28:08.0	Greg Fredericks	1972
2	28:29.4	Charlie Maguire	1974
3	28:38.3	Eric Carter	1987
4	28:42.80	Paul Stemmer	1976
5	28:55.33	Kyle Dawson	2012
6	29:11.71	John Ziegler	1979
7	29:15.73	Tyler McCandless	2010
8	29:25.58	Mark Wimmer	1994
9	29:27.6	George Malley	1975
10	29:30.6	Alan Scharu	1980

110 Hurdles

1	13.56	Guy Rose	2001
2	13.73	Paul Lankford	1980
3	13.80	Michael Timpson	1988
4	13.87	Mike Shine	1976
5	13.96	Ron Jules	2008
6	14.06	John Whelan	1997
7	14.08	Sam Harris	1988
8	14.09	Brian Derby	2002
9	14.09	Barry Robinson	1985
10	14.10	Sancho Barrett	2014

400 Hurdles

1	48.69	Mike Shine	1976
2	49.55	Paul Lankford	1981
3	49.72	Brian Derby	2003
4	50.10	Jaret Campisi	2005
5	50.49	Bill Austin	1978
6	50.54	Michael Timpson	1988
7	50.61	Barry Robinson	1985
8	50.67	Kevin Cripasuk	1992
9	50.75	Byron Robinson	2014
10	50.76	Brian Kelly	1993

3000-Meter Steeplechase

1	8:22.54	George Malley	1977
2	8:37.7	Rick Garcia	1983
3	8:40.4	Bruce Baden	1977
4	8:42.85	Eric Carter	1988
5	8:47.03	Larry Mangan	1980
6	8:48.1	Paul Mackley	1985
7	8:49.45	Brian Laird	1989
8	8:50.9	Jim Allahand	1972
9	8:51.84	Chris Foster	2005
10	8:53.71	Andy Scott	1991

4x100-Meter Relay

1	39.63	Davis, Hackman, Shine, Sands	1975
2	39.88	Finkel, Singleton, Sands, Scott	1973
3	40.18	Shine, Hackman, Singleton, Sands	1974
4	40.40	Rose, Reeves, Miller, Olkowski,	2001
5	40.48	Finkel, Hackman, Singleton, Sands	1974

4x400-Meter Relay

1	3:01.52	Nadolsky, Br. Bennett-Green, Loxsom, Gehret	2012
2	3:04.78	Nadolsky, Gilmore, Gehret, Br. Bennett-Green	2012
3	3:06.21	Gilmore, Shisler, Bennett-Green, Bennett-Green	2012
4	3:06.50	Br. Bennett-Green, Gehret, Loxsom, Mpanduki	2012
5	3:07.19	Nadolsky, Loxsom, Gehret, Williams	2011

High Jump

1	7-3.25 (2.22)	David Coney	1985
		Jon Hendershot	2013
3	7-3 (2.21)	Paul Souza	1983
4	7-2.50 (2.20)	Ryan Fritz	2007
5	7-2.25 (2.19)	Sean Reilly	2013
6	7-1.75 (2.18)	David Kriz	1995
7	7-0.50 (2.15)	Ryan Olkowski	1999
8	7-0.25 (2.14)	Nick Plack	2000
	7-0.25 (2.14)	Rob Cardina	2014
10	7-0 (2.13)	Aaron Gawne	1993

Pole Vault

1	17-5 1/2 (5.32)	John Vellenoweth	2009
2	17-5 (5.31)	Mason Ternay	1991
3	17-0 (5.18)	Dave Bollinger	2004
4	16-10 (5.13)	Rick Kleban	1985
5	16-8.75 (5.10)	Dylan Bilka	2014
6	16-7 1/4 (5.06)	Ron Campbell	1985
	16-7 1/4 (5.06)	Bradford Lawrence	2009
8	16-6.75 (5.05)	Kevin Dare	2001
	16-6.75 (5.05)	Nick Fegley	2003
10	16-6 (5.03)	Ken Stoffer	1983

Long Jump

1	25-11 (7.90)	David Coney	1985
2	25-9 (7.86)	Rob Boulware	1986
	25-9 (7.86)	Steve Pina	1996
4	25-8.75 (7.84)	George Audu	1999
	25-8.75 (7.84)	John Gorham	1999
6	25-6 (7.77)	Antonio Davis	1993
7	25-2.75 (7.69)	Ryan Olkowski	2000
8	25-0.75 (7.64)	Chavous Nichols	2004
-	25-0 (7.62) w +3.7	Doug Moppert	2011
9	24-10.50 (7.58)	Al Bates	1928
10	24-9 (7.54)	Michael Timpson	1986

Triple Jump

1.	54-6 (16.61)	Antonio Davis	1993
2	54-3.75 (16.55)	Chavous Nichols	2004
~	53-2.75 (16.22) w	Waithe	2014
3	53-1.50 (16.19)	Clarence Smith	2009
4.	52-11.50 (16.14)	Steve Waithe	2014
5	52-8.25 (16.06)	Ricardo Hall	1990
6	51-8.50 (15.76)	Hanif Johnson	2011
7	51-6.50 (15.71)	Brian Leap	2014
8	51-1 (15.57)	Warren Rockwell	1966
9	50-7 (15.42)	Steve Pina	1995
10	50-6 (15.39)	Jay Pagana	2007

Shot Put

1	69-2 (21.08)	Joe Kovacs	2012
2	67-6 (20.57)	Darrell Hill	2014
3	65-5 (19.94)	C.J. Hunter	1990
4	64-2.50 (19.57)	Blake Eaton	2010
5	64-0.25 (19.51)	Knut Hjeltne	1975
6	61-11.75 (18.89)	Logan Caldwell	2012
7	61-3.25 (18.68)	Greg Reyner	1986
8	61-1.25 (18.62)	Phil Caraher	1990
9	59-7 (18.16)	Dane Miller	2004
10	57-1.50 (17.64)	Mike Valenti	1983

Discus

1	207-5 (63.22)	Brian Milne	1992
2	201-10 (61.52)	Knut Hjeltne	1975
3	186-9 (56.90)	Gary Williky	1979
4	186-3 (56.78)	Blake Eaton	2011
5	184-0 (56.08)	Joe Kovacs	2011
6	183-6 (55.93)	Will Barr	2012
7	177-11 (54.23)	Dan Diaz	2003
8	176-10 (53.90)	Steve Meyers	2006
9	175-3 (53.41)	Adam Thielemann	2009
10	175-1 (53.36)	Sean Farrell	1980

Hammer

1	218-6 (66.60)	Alvin Jackson	1976
2	207-10 (63.35)	Will Barr	2013
3	203-0 (61.88)	Neal McNutt	1998
4	201-9 (61.50)	Joe Kovacs	2011
5	198-5 (60.49)	Tyler Hoffman	2008
6	197-0 (60.04)	Todd Shenk	1984
7	194-7 (59.30)	Cory Eck	2010
8	193-9 (59.07)	Jon Hart	2005
9	190-0 (57.92)	Aaron Ross	2005
10	189-6 (57.76)	Dorian Lowe	2002

Javelin

1	249-5 (76.02)	Michael Shuey	2014
2	239-9 (73.09)	Allen Pettner	2007
3	237-1 (72.26)	Troy Burkholder	1997
4	233-8 (71.22)	Carl Wolter	1996
5	233-4 (71.13)	Tanner Evak	2009
6	231-3 (70.48)	Brian Stumpf	2003
7	230-3 (70.19)	Matt Moyer	2004
8	227-8 (69.40)	Rob Austin	1995
9	225-7 (68.76)	Dave Matson	1999
10	224-4 (68.38)	Cole Proffitt	2014

Decathlon

1	7685	Rick Kleban	1985
2	7666	Rob Cardina	2014
3	7600	James Cook	1996
4	7588	Dave Masgay	1987
5	7472	Barry Walsh	1989
6	7424	J.T. Kuretech	2003
7	7415	Brian Kelley	1991
8	7361	Shawn Colligan	2008
9	7119	Anyu Uzh	2012
10	7097	Chris Morrissey	2008

PENN STATE WOMEN'S TRACK AND FIELD

ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST

100-Meter Dash

1	11.21	Connie Moore	2004
2	11.27	Shavon Greaves	2010
3	11.29	Mahagony Jones	2014
4	11.56	Kamilah Salaam	2004
~	11.60 w + 2.4	Kirsten Nieuwendam	2012
5	11.63 (11.57w)	Aleesha Barber	2008
6	11.68	Vivian Riddick	1983
7	11.70	Sara Shoaff	2006
8	11.72	Caitlin DeFusco	2010
9	11.78	Tiffany Glenn	1999
10	11.80	Jackie Brown	1991

200-Meter Dash

1	22.45	Connie Moore	2004
2	22.90 (22.68w)	Mahagony Jones	2014
3	23.07	Shavon Greaves	2010
4	23.15 (22.92w)	Shana Cox	2008
5	23.47	Kirsten Nieuwendam	2012
6	23.61	Kamilah Salaam	2004
7	23.66	Kiah Seymour	2014
8	23.70	Sara Shoaff	2005
9	23.81 (23.56w)	Gayle Hunter	2008
10	23.85	Debbie Lewis	1980

400-Meter Dash

1	50.84	Shana Cox	2008
2	52.15	Dominique Blake	2008
3	52.51	Fawn Dorr	2010
4	53.14	Dynasty McGee	2014
5	53.17	Ije Iheoma	2012
6	53.74	Laila Brock	1998
7	53.74	Janice Carter	1988
8	53.80	Tammie Hart	1981
9	54.15	Shavon Greaves	2010
10	54.23	Mahagony Jones	2013

800-Meter Run

1	2:03.09	Bekka Simko	2012
2	2:04.37	Tammie Hart	1985
3	2:04.72	Briene Simmons	2006
4	2:05.66	Janice Carter	1985
5	2:05.69	Erica Bosler	1998
6	2:06.68	Terry Pioli	1981
7	2:06.80	Maura Ryan	2011
8	2:07.26	Judi Cassel	1995
9	2:07.32	Marta Klebe	2013
10	2:08.09	Teresa DiPerna	1989

1500-Meter Run

1	4:15.20	Marta Klebe	2014
2	4:16.96	Doreen Startare	1993
3	4:17.40	Kim McGreevy	1997
4	4:17.54	Mary Rawe	1981
5	4:18.33	Bridget Franek	2010
6	4:19.83	Patty Murnane	1981
7	4:20.11	Bekka Simko	2012
8	4:20.40	Caitlin Lane	2010
9	4:21.10	Heather Carmichael	1980
10	4:21.31	Susanne Heyer	1999

5000 Meters

1	15:32.52	Kathy Mills	1978
2	15:46.08	Bridget Franek	2010
3	15:53.50	Paula Renzi	1985
4	16:06.32	Kim Kelly	1993
5	16:08.74	Leigha Anderson	2014
6	16:09.38	Stacy Prey	1990
7	16:11.93	Brooklyne Ridder	2013
8	16:12.00	Kris Bankes	1978
9	16:12.88	Natalie Bower	2013
10	16:14.98	Kara Millhouse	2012

10,000 Meters

1	32:57.33	Kara Millhouse	2012
2	33:52.32	Leigha Anderson	2014
3	34:00.00	Natalie Updegrove	1983
4	34:02.52	Kim Kelly	1993
5	34:02.80	Kris Kelly	1993
6	34:09.00	Kelli Hunt	1993
7	34:20.10	Donna Fidler	1999
8	34:24.07	Peggy Cleary	1980
9	34:31.75	Cheryl Spring	2010
10	34:39.89	Molly Landreth	2003

100 Hurdles

1	12.85	Aleesha Barber	2010
2	13.03	Evonne Britton	2014
3	13.35	Gayle Hunter	2009
4	13.36	Toyin Augustus	2001
5	13.45	Brittney Howell	2014
6	13.82	Shelley Black	2013
7	13.83	Kamilah Salaam	2006
8	13.83	Monique Walker	2006
9	14.13	Pam Connell	1991
10	14.19	Carla Criste	1986

400 Hurdles

1	55.57	Fawn Dorr	2010
2	55.88	Kiah Seymour	2014
3	57.00	Aleesha Barber	2007
4	57.32	Evonne Britton	2010
5	57.35	Megan Duncan	2011
6	57.88	Shelley Mitchell	1991
7	58.45	Tammie Hart	1982
8	58.60	Ernestine Marsh	1987
9	58.77	Kim Markel	2007
10	58.93	Doris Anyanwu	2012

3,000-Meter Steeplechase

1	9:32.35	Bridget Franek	2010
2	10:03.55	Tori Gerlach	2014
3	10:07.78	Molly Landreth	2003
4	10:07.86	Natalie Bower	2013
5	10:16.91	Tracey Brauksieck	2003
6	10:20.33	Lindsey Graybill	2012
7	10:20.76	Abbie Benson	2014
8	10:24.01	Claire Percival	2007
9	10:26.41	Nicole Lord	2010
10	10:28.82	Emily Giannotti	2012

4x100-Meter Relay

1	44.25	Fox, Shoaff, Moore Aduba	2003
2	44.38	Salaam, Aduba, Shoaff, Moore	2004
3	44.57	Greaves, DeFusco, Barber, Dorr	2010
4	44.64	Gibson, Jones, McGee, Seymour	2014
5	44.80	Cox, Walker, Salaam, Shoaff	2006

4x400-Meter Relay

1	3:27.69	Blake, Barber, Hunter, Cox	2008
2	3:30.34	Barber, Greaves, Hunter, Dorr	2009
3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011
4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010
5	3:31.17	McGee, Jones, Rhodes, Seymour	2014

High Jump

1	6-0 (1.83)	Shelley Mitchell	1992
2	5-11.25 (1.81)	Pam Connell	1991
3	5-11 (NMC)	Antoinette O'Carroll	1987
4	5-10.75 (1.80)	Erika Morgan	2013
5	5-10.5 (1.79)	Karen Krawick	1980
	5-10.5 (1.79)	Jenny Williams	1987
	5-10.5 (1.79)	Leslie Lippincott	1991
	5-10.5 (1.79)	Holly Jones	1992
9	5-10 (1.78)	Deb Ford	1988
	5-10 (1.78)	India McCoy	2014
	5-10 (1.78)	Brittney Howell	2014

NMC - No Metric Conversion

Pole Vault

1	13-3.5 (4.05)	Lexi Masterson	2014
2	13-1.5 (4.00)	Sara Dougherty	2004
3	12-9.5 (3.90)	Jocelyn Witmer	2010
	12-9.5 (3.90)	Erin Knabe	2014
5	12-8.25 (3.87)	Caitlin Fairbairn	2010
6	12-6.25 (3.82)	Amanda Palenchar	2012
7	12-5.5 (3.80)	Kelly Nesbit	2005
8	12-2 (3.71)	Lindsey McDonnell	2002
9	11-7.75 (3.55)	Biz Curran	2002
	11-7.75 (3.55)	Rachel NeMoyer	2008

Long Jump

1	21-6 (6.55)	Chi-Chi Aduba	2004
2	21-4.75 (6.52)	Gayle Hunter	2008
3	20-10.75 (6.37)	Carmen Mann	1989
	20-10.75 (6.37)	Shakeema Walker	1999
	20-10.75 (6.37)	Brittney Howell	2014
~	20-10.5 (6.36) w	Bianca Fung	2009
6	20-5.25 (6.25)	Bianca Fung	2009
7	20-4.5 (6.21)	Vivian Riddick	1982
8	20-4.25 (6.20)	Monique Gillman	1997
9	20-3 (6.17)	Lena Bettis	2007
10	20-1 (6.12)	Dannielle Gibson	2014

Triple Jump

1	44-6.75 (13.58)	Chi-Chi Aduba	2004
2	44-3 (13.48)	Shakeema Walker	1999
3	43-1 (13.13)	Carmen Mann	1990
4	42-3.50 (12.89)	Tanaya Lloyd	2012
5	42-2.75 (12.87)	Marlene Ricketts	2014
6	42-2 (12.85)	Danielle Gibson	2014
7	41-7 (12.67)	Lena Bettis	2007
8	41-2.50 (12.56)	Gayle Hunter	2007
	41-2.50 (12.56)	Alicia Porro	1992
10	40-9 (12.42)	Hanna Humphreys	1984

Shot Put

1	55-4.75 (16.88)	Ja'Nai O'Connor	2004
2	55-0 (16.76)	Elaine Sobansky	1984
3	53-8.25 (16.36)	Jennifer Leatherman	2006
4	52-10 (16.10)	Rachel Fatherly	2014
5	52-6 (16.00)	Jane Swenson	2011
6	51-6.5 (15.71)	Melissa Kurzdorfer	2014
7	51-6.25 (15.70)	Deshaya Williams	2003
8	51-1.5 (15.58)	Emma Schmelzer	2009
9	49-11.25 (15.22)	Alyssa Robinson	2014
10	48-6 (14.78)	Kim Hicks	1998

Discus

1	185-1 (56.41)	Deshaya Williams	2001
2	173-4 (52.83)	Christen Clemson	2007
3	170-0 (51.82)	Jennifer Leatherman	2006
4	167-7 (51.08)	Elaine Sobansky	1984
5	167-4 (51.01)	Emma Schmelzer	2007
6	166-8 (50.82)	Melissa Kurzdorfer	2013
7	161-5 (49.21)	Rachel Fatherly	2014
8	157-6 (48.02)	Taylor McNally	2011
9	156-7 (47.72)	Lexi Benamati	2004
10	155-8 (47.44)	Kim Kessel	1991

Hammer

1	219-1 (66.78)	Jennifer Leatherman	2006
2	207-10 (63.35)	Melissa Kurzdorfer	2012
3	197-3 (60.12)	Kate Johnston	2003
4	190-10 (56.16)	Deshaya Williams	2003
5	186-11 (56.97)	Helen Higgins	2007
6	181-1 (55.20)	Rachel Fatherly	2014
7	178-3 (54.35)	Emma Schmelzer	2009
8	174-3 (53.11)	Robbin Shomper	2003
9	172-4 (52.53)	Jane Swenson	2011
10	170-11 (52.10)	Michelle Thompson	1992

Javelin

1	178-6 (54.41)	Laura Loht	2014
2	178-4 (54.35)	Kim Hanslovan	2009
3	177-10 (54.02)	Lauren Kenney	2013
4	176-2 (53.70)	Karlee McQuillen	2008
5	169-3 (51.58)	Carrie Karabinos	1999
6	167-2 (50.96)	Heidi Nadeau	2007
7	167-1 (50.92)	Brianne Johnson	2001
8	159-4 (48.56)	Ashley Colley	2002
9	156-3 (47.62)	Kristen Eash	2004
10	155-9 (47.47)	Diana Bruch	2005

Heptathlon

1	5797	Gayle Hunter	2009
2	5706	Pam Connell	1991
3	5625	Brittney Howell	2014
4	5420	Carmen Mann	1990
5	5407	Shelley Mitchell	1992
6	5311	Carla Criste	1986
7	4919	Amber Strouse	2007
8	4917	Holly Jones	1992
9	4878	Felicia Cooksey	1999
10	4826	Danielle Bobo	2003

as of Oct. 13, 2014